

# THE BEACON

A NEWSLETTER FOR FAMILIES AND FRIENDS OF SJCCC

SEPTEMBER 2026



## A MESSAGE FROM OUR EXECUTIVE DIRECTOR

As we welcome the beautiful month of September, I'm grateful for the incredible community that makes St. Joseph's Continuing Care Centre (SJCCC) such a special place.

Summer has brought so many opportunities to gather, laugh, and create lasting memories together. Whether enjoying time in our courtyards, participating in activities, welcoming family and friends, or simply sharing conversations outdoors, these moments remind us that exceptional care is about much more than healthcare; it is about connection.

Every day, I continue to be inspired by the compassion of our staff, the generosity of our volunteers and donors, the support of our families, and the resilience of our residents and patients. Together, we create an environment where everyone is valued, respected, and cared for.

As we enjoy the final weeks of summer, I encourage you to take in the sunshine, spend time with those you love, and celebrate the many moments that make life meaningful.

Thank you for being an important part of the St. Joseph's family.

*Gizanne Lafrance*

## FOLLOW US

STAY UP-TO-DATE ON WHAT'S HAPPENING AT SJCCC!



WWW.SJCCC.CA

## KEEPING YOU IN THE KNOW Upcoming Events

### SEPTEMBER

World Alzheimers Month

### SEPTEMBER 10

Grandparents Day Tea

### SEPTEMBER 13

Grandparents Day

### SEPTEMBER 13-19

Residents Council Week  
EVS and Housekeeping Week

### SEPTEMBER 15

National IT Day

### SEPTEMBER 16

Rehabilitation Day

### SEPTEMBER 18

LTC Community Engagement Day

### SEPTEMBER 19

The Grand Parade

### SEPTEMBER 21

**Wear Blue for Alzheimers**

### SEPTEMBER 25

**Franco-Ontarian Day: Green and White Day**

### SEPTEMBER 30

National Day for Truth and Reconciliation  
**Orange Shirt Day**

# A MESSAGE FROM ST. JOSEPH'S CARE FOUNDATION



**Saturday, September 19 at 10 am**

## **Walk with Us in The Grand Parade**

**Have you heard?!** We've joined the Grand Parade, and we are thrilled to be part of it! There's still time to be part of one of our biggest fundraising events of the year!

The Grand Parade is more than just a walk; it's a celebration of community and an opportunity to make a lasting impact on the lives of our residents and patients.

**Start a team, join an existing one, walk with your family, friends, coworkers, or neighbours, or make a donation to support our SJCCC family.**

Every dollar raised stays right here at St. Joseph's, helping purchase specialized equipment, enhance resident and patient programs, and improve the quality of life at SJCCC.

**We need our community – and we need you!**

Visit our website to register today:

<https://thegrandparade.org/location/cornwall>



# CARING BEYOND OUR WALLS

## Remote Care Monitoring Continues to Make a Difference

Our Remote Care Monitoring (RCM) Program continues to transform the way seniors receive care after they leave the hospital. [Check out our new logo!](#)

By combining virtual monitoring technology with compassionate nursing support, the program helps seniors recover safely in the comfort of their own homes. Participants receive personalized follow-ups, health monitoring, education, and encouragement, preventing unnecessary emergency department visits while giving families peace of mind. Emergency department avoidance is one of the measurable goals to determine the success of the program.

### Here are some quick RCM stats:

# OF PATIENTS ENROLLED IN RCM OVER THE LAST 2 YEARS: **695**

AVERAGE LENGTH OF STAY ON THE PROGRAM: **30.47 days**

6 MONTHS BEFORE BEING ENROLLED IN RCM, **88%** OF PATIENTS VISITED THE EMERGENCY DEPARTMENT (ED) MORE THAN ONCE.

DURING THEIR RCM ENROLLMENT, **23%** OF PATIENTS VISITED THE ED

30 DAYS AFTER COMPLETING THE PROGRAM, ONLY **16%** OF PATIENTS VISITED THE ED

*The success of this program reflects our commitment to caring for people not only within our walls, but throughout our community. Every day, along with our community partners, our dedicated team is helping seniors remain healthier, more independent, and confidently connected to care.*



# A SUMMER FULL OF MEMORIES

As another beautiful summer continues, we're reflecting on the countless moments that made these past months so special.

From outdoor concerts and exercise classes to family visits, gardening, games, special events, outings, ice cream treats, creative activities, and afternoons spent enjoying the sunshine, our residents and patients have embraced every opportunity to connect, laugh, and create lasting memories.

Thank you to our teams, volunteers, staff, families, and community partners for helping make this summer one filled with joy, friendship, and meaningful experiences.

Here's to making the most of every sunny day still to come!



# Meet Your Board of Directors

## 2026-2027

We are pleased to introduce the volunteer leaders who help guide the future of St. Joseph's Continuing Care Centre.

### Board of Directors

**Paul Desnoyers, Chairperson**  
**Mathieu Despatie, Vice-Chairperson**  
**Marc Leduc, Secretary-Treasurer**  
**Sister Patricia Cuddihy**  
**Chantal Tessier**  
**Stephanie Sanborn**  
**Rayanne Gazdar**  
**Katie Michaud**  
**Anne Vincelli**  
**Dennis Richer**  
**Father Theodore**  
**Anne Callan**  
**Brittany Quenneville**

**Dr. Subhash Patel, Medical Director, Chief of Staff**  
**Gizanne Lafrance-Allaire, Executive Director**  
**Lynn Theriault, Chief Nursing Executive**

Thank you to each of our Directors for their leadership, dedication, and commitment to our mission of compassionate care.

## THANK YOU, HIGH SCHOOL STUDENTS

**This summer has been brighter because of you!**

A heartfelt thank you to our outstanding summer students for the enthusiasm, kindness, and energy they've brought to our Centre.

From supporting our Therapy and Recreation teams to assisting with portering, meal support, manicures, gardening, outdoor strolls, and one-on-one visits, they've made a meaningful difference in the lives of our residents and patients every single day. Thank you for your compassion, your hard work, and for helping make this summer one to remember. We wish you all the very best in your studies!



# Cornfest 2026

Thank you to everyone who attended our annual Cornfest this year!

Our residents and patients were thrilled to be part of the fun. Lots of smiles and laughs all around.

We can't wait until next year!



## Mass at SJCCC

RESIDENTS, PATIENTS, FAMILIES, STAFF, VOLUNTEERS, AND VISITORS ARE WARMLY INVITED TO ATTEND MASS IN JEANNE MANCE HALL.

### MASS SCHEDULE

TUESDAY: 9:30 A.M.

THURSDAY: 9:30 A.M.

SUNDAY: 10:00 A.M.

EVERYONE IS WELCOME.

# Nous parlons français!

## French Language Services at SJCCC

### Did you know?

The Franco-Ontarian flag displayed on an employee's name badge or office door is a welcoming symbol of our commitment to our Francophone culture, making everyone feel seen, understood, and at home. French-speaking residents and patients may also have a flag placed outside of their door, upon request!

At St. Joseph's Continuing Care Centre, we are proud to offer services in both of Canada's official languages. Providing care in a person's preferred language helps create comfort, confidence, and a stronger connection between patients, residents, families, and caregivers.



## Celebrating Our 90s & 100s Club!

...and what an extraordinary celebration it was!

Earlier this summer, we proudly recognized 12 remarkable residents who reached their 90th birthdays, along with one incredible centenarian who turned 100!

Each of these individuals has lived a lifetime filled with memories, wisdom, perseverance, and love. We were honoured to celebrate their remarkable journeys with a rose, a legacy pin, and a certificate.

Congratulations to each of our newest members of the 90s & 100s Club! Make sure to check out their photos that are proudly displayed in our Main Gathering Space.

# Sister Annette Mary Valade, R.H.S.J



*We are deeply saddened to share the passing of our beloved Sister Annette Mary Valade, R.H.S.J. Sister Valade dedicated more than 80 years of her life to nursing, pastoral care, leadership, and volunteerism.*

*Throughout her vocation, Sister Valade served the Religious Hospitallers of St. Joseph in nursing, Congregation administration, and healthcare leadership across Cornwall, St. Catharines, and Kingston. Whether caring for patients, supporting her fellow Sisters, or helping guide healthcare organizations, she led with wisdom, compassion, and quiet strength.*

*For nearly two decades, Sister Valade served the Cornwall community through pastoral care at Hotel Dieu Hospital. She was a trusted source of comfort for patients, residents, families, and staff, offering daily visits, spiritual guidance, and support to people of all faiths. Working alongside physicians, nurses, and healthcare teams, she lived the Religious Hospitallers' mission of caring for the sick and vulnerable with dignity and compassion.*

*During her years in Cornwall, Hotel Dieu Hospital experienced a period of significant change, including the expansion of the hospital, the growth of St. Joseph's Villa, the development of formal pastoral care services, and the transition from religious to lay leadership. Through it all, Sister Valade remained a steady presence, helping preserve the values and mission that had guided the Hospital since its founding. In recognition of her nearly 20 years of pastoral care and devoted service, she was honoured by the Hospital and the Religious Hospitallers in 1992.*

*Sister Valade's commitment to service extended well beyond the bedside. She remained an active volunteer and proud member of the Ladies Auxiliary, serving as a liaison between the Volunteer Board and the Religious Hospitallers of St. Joseph. She also dedicated many years to the Board of Directors of St. Joseph's Continuing Care Centre, retiring in May 2019. Her thoughtful leadership, sound judgement, and unwavering commitment to our mission helped shape our organization and continue to inspire us today.*

*While Sister Valade will be remembered for her extraordinary contributions to healthcare and pastoral ministry, those who knew her best will also remember her gentle sense of humour, her warm smile, and the incredible homemade fudge she so generously shared. She had a remarkable ability to make people feel cared for, valued, and at ease.*

*Sister Valade's life was defined by service, compassion, and faith. Her legacy lives on in the many people she comforted, the colleagues and volunteers she inspired, and the lasting impact she made on our organization and community.*

*Sister Valade will be deeply missed, fondly remembered, and forever appreciated for the compassion, wisdom, and kindness she shared so generously throughout her life.*

YOU'RE INVITED

# ***GRANDPARENTS DAY***

TREATS AND TEA

*in the cafe and courtyard*

***Thursday, September 10***

3:00 pm to 4:30 pm

Questions?

[recreationltc@sjccc.ca](mailto:recreationltc@sjccc.ca)



# RESIDENTS' COUNCIL WEEK

## SEPTEMBER 14-19



### 14 RESIDENTS' COUNCIL MEETING



Join us for our September Residents' Council Meeting in Jeanne Mance Hall.

**START TIME: 2:00 pm**

### 15 MEET AND GREET

Stop by the Main Gathering Space for coffee and tea and meet your 2024 Residents' Council!

**10:00 am - 11:00 am**



### 16 BINGO



Join us in person at **1:30 pm** in Jeanne Mance Hall for a **SPECIAL BINGO!**

Good prizes, great friends!

### 17 COLOURING CONTEST



Show us your art skills! Colouring sheets will be provided to decorate the Centre.

**The winner wins a special pizza lunch with 3 of their friends.**

### 18 COMMUNITY ENGAGEMENT DAY

Morning programs with our friends from Central Public School.

Join us in person at **1:30 pm** in Jeanne Mance Hall for an afternoon **Social**. Cake, friends and special guests!

### 19 THE GRAND PARADE

Join us at the **Main Entrance** from **10 am - 12 pm** for a fun 2.5 km walk or roll along the bike path! **Bring your loved ones, form a team, and dress FUN while helping us raise funds for urgent equipment needs.** Stay afterward for a complimentary BBQ!

